

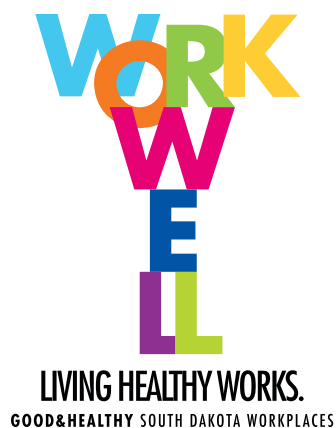


**LIVING HEALTHY WORKS.**  
GOOD&HEALTHY SOUTH DAKOTA WORKPLACES



**WorkWell Summit**  
September 18, 2013

*Agenda*



## WorkWell Summit *Agenda*

September 18, 2013

8:00 – 8:45

### Registration

Vendor Booths Open

8:45 – 9:00

### Welcome

*Falls Room*

ENID WEISS, Workplace Wellness Coordinator

Black Hills Special Services

LINDA AHRENDT, Chronic Disease Director

South Dakota Department of Health

9:00 – 10:30

### Keynote Address

#### Employee Engagement and Motivation

*Falls Room*

DAVID HUNNICUTT, PhD

Wellness Council of America

10:30 – 11:00

### Break

Vendors Open

11:00 – 12:00

### Morning Breakout Sessions

#### Organizational and Individual Behavior Change:

#### Moving Employee Well-Being from the Bucket List to the To-Do List

*Falls Room*

KIRA KIMBALL, MEd, MA, Business & Wellness Development Coordinator

Sanford Health Plan

This session will provide employers the following:

- Understand the components of behavior change
- Appreciate the impact of culture on behavior change
- Learn steps to take to get employee well-being on the to do list
- Recognize the value of employee well-being on workplace productivity
- Feel inspired to start or continue their employee well-being efforts



### **Using Technology to Enhance your Well-Being**

*Skyline Room (10th Floor)*

TRISHA DOHN, Director of Health & Wellness

Dakotacare, Be Well South Dakota

This session will provide employers the following:

- Effective time management using technology
- Wellness applications
- Effective communication through technology
- Enhance programming through technology

### **Connecting Wellness and Compliance**

*Palisades Room*

KANDY JAMISON and ABBEY VANDERWERF

WellConneXions

This session will provide employers the following:

- In depth examination of the new ACA wellness regulations

**12:00 – 1:00**

### **Luncheon**

*Falls Room*

**1:00 – 2:00**

### **Afternoon Breakout Sessions**

#### **Complete Worker Health**

*Falls Room*

Avera Employee Assistance Team

Avera Health Plans

This session will provide employers the following:

- Medical consumerism: Managing your healthcare and living well
- Avera EAP – What is it, who is it for and what programs are available to employers and their employees

#### **Workplace Wellness and Where to Start**

*Skyline Room (10th Floor)*

AMY GOULD, Health Management Consultant

Wellmark Blue Cross & Blue Shield

This session will provide employers the following:

- Research based wellness outcomes
- Affordable wellness solutions
- Strategies for long term wellness success

#### **Industrial Athlete**

*Palisades Room*

RANA DEBOER, Health and Wellness Coordinator

Live Well Sioux Falls

This session will provide employers the following:

- Introduce “Total Worker Health” initiative from CDC/NIOSH
- Define the “Industrial Athlete”
- Share the City of Sioux Falls case study of Industrial Athlete
- Explore Total Worker Health Centers of Excellence

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**2:00 – 2:30**

**Break**  
**Vendors Open**

**2:30 – 3:30**

**Wellness Panel**  
*Falls Room*

Business representatives for each of the following health insurance providers will sit on the Wellness Panel and discuss how health and wellness has impacted their lifestyle.

**Sanford Health Plan**  
**Dakotacare**  
**Avera Health Plans**  
**Wellmark Blue Cross and Blue Shield**  
**WellConneXions**

**3:30 – 4:00**

**Evaluation and Adjourn**  
*Falls Room*

**Sponsored By:**



**WellConneXions**

